



Colchester and
Parks



Recreation



Visit our Website www.colchesterct.gov

REGISTRATION STARTS:

September 4th 2008

INSIDE THIS ISSUE:

Holiday House
Decorating Contest

CES After School
Programs

Bike to School Day

Tennis



Fall 2008

Norwich Bulletin

NorwichBulletin.com

BALLESTRINI'S

CHILD CARE CENTERS



Age Appropriate Programs

Infant and Toddler:
6 weeks - 3 years

Preschool:
3 years - 5 years

Kindergarten Enrichment:
5 & 6 years

Before & After School Program:
6 years - 12 years

Guaranteed coverage for snow days and one day school closings at no extra charge if enrolled in the Before & After School Program.

Mention this ad for a FREE Ballestrini T-Shirt!

Please visit web site for more information www.ballestrini.net

Now
Accepting
Fall
Enrollments



90 Rope Ferry Road
Waterford, CT
860-442-CARE (2273)

11 Center St.
Salem, CT
860-859-CARE (2273)

Coming Soon!

161 West Main St.
Niantic, CT



From the Director

As always, the summer was a busy one. I hope you and your family found time to enjoy it, whether it was a vacation in a far-off locale, a “staycation” close to home, a smattering of visits to the park, or a combination of all of them. In today’s hectic world, it is more important than ever to make time for family, friends and yourself; leisure and recreation are crucial ingredients to a happy and healthy life.

Here at Parks & Recreation, we were very busy as well. From maintaining ballfields to building relationships with campers, our staff has been hard at work creating a better community for us all. At camp, their success was validated by record registration numbers. In the parks, we received many compliments on the condition of our fields as compared to other sites that local teams visited.

Our second summer producing the Concerts on the Green was another rousing success, thanks both to the thousands that attended throughout the season as well as our many supportive sponsors, including this year’s title sponsor, Rockville Bank. We’re already looking forward to searching out incredible entertainers for next year’s shows.

As we move into the fall, and gear up for another school year of activities and events, we await the opportunity to serve you and your family. You’ll find a wide array of programs, events, services and facilities throughout the brochure. It is our sincere hope that you will seize the chance to try something new this year. Who knows? You could discover your new favorite activity! And with our no-risk refund policy, this is the perfect time to experiment.

Until next time, I’ll see you in the parks!

Sincerely,
Jason Cohen
Jason Cohen, CPRP
Director

Toy Store
Open Play
Parties
Classes



Hide & Seek Toys

Come find fun!

199 Old Hartford Road
Colchester, CT 06415

(860) 537-TOYS (8697)



Table of Contents

Community News & Happenings.....	5
Adult.....	8
After School.....	11
Preschool.....	12
Bus Trips.....	14
Youth.....	15
Special Events.....	17
Scarecrow Contest Registration Form.....	19
Parks Remarks.....	20
Registration Info.....	24
Registration Form.....	25

Produced by
Norwich Bulletin
NorwichBulletin.com

Ellen Lind
President & Publisher
Paul Provost
Advertising Director
Karen Mazur
Creative Services Manager

Walter Riley
Retail Advertising Manager
Elise Green
Sales Coordinator
Cover Design
Christen Lewis

Book Layout
Trina Fulton
Advertising Designers
Donna Antonacci
Sharon Brochu
Barbara Burgess

Tanya Dlabaj
Trina Fulton
Mary Ellen Geragotelis
Hollie Knight
Christen Lewis
Karen Mazur



Celebrate the Seasons in **WILD** Style

AT ROGER WILLIAMS PARK ZOO



Now extended through
September 30th!

OCTOBER 12, 19, 26

Spooktacular fun for the whole family, and pumpkin treats for the animals, too! Kids 12 and under in costume receive free Zoo admission.



Spooky
Zoo Sundays

Check our website for
additional fall activities throughout October!

**Visit
with
Santa**

NOVEMBER 29 & 30, DECEMBER 6, 7, 13, 14
Meet the Jolly Old Elf himself and enjoy a breakfast buffet or cookies and milk along with holiday activities for the whole family. Tickets must be purchased in advance and seats fill up fast, so get yours now!
Call 401-941-4998 or 401-785-3510 ext. 343.

Find out more: www.rogerwilliamsparkzoo.org or 401-785-3510



Children's Dental Associates
of New London County, P.C.

Serving Southeastern Connecticut for more than 30 years!



The average child starts school
with a new pair of shoes,
a kiss from mom,
and *three* cavities.
We can help!

CALL
*For Your Child's
Appointment Now!*

537-6655
COLCHESTER

www.childrensdentalnlc.com

Groton New London Colchester E. Lyme
448-2820 447-3216 537-6655 691-5014

2509_V2



Little Feet Academy

109 Loomis Road, Colchester CT 06415
860-267-2570

Back to School Bonanza!!!!

DAYCARE
NOW ENROLLING

Full Time Care Rate:

Infant	\$125.00 weekly
Toddler	\$125.00 weekly
Preschool	\$95.00 weekly

WE ACCEPT CARE 4 KIDS*

Enroll Today
Rates good for 1 year

Offer Good
thru
Aug 1st - Sept 30th

2686



2008 HYPERFLYTE SKYHOUNDS CANINE DISC CHAMPIONSHIPS

October 5th, 3pm • RecPlex

The largest disc-dog competition series in the world is coming to Colchester, Connecticut! A Local Championship for the 2008 Hyperflyte Skyhoundz Canine Disc Championships will be held on October 5, 3pm at the RecPlex, on 215 Old Hebron Road, where athletic canines can be seen, literally, jumping for joy. There is no entry fee for competitors and admission is free for all spectators. Novice and veteran competitors alike are encouraged to compete. All competitors will receive a free official Hyperflyte K-10 Competition Standard flying disc, and the top three teams will receive awards. For more information on the event, please contact Christopher Woodside at 860-537-7297 or by email at cwoodside@colchesterct.gov.

2008 HYPERFLYTE YOUTH FLYING DISC CHAMPIONSHIPS

September 27th, 4pm • RecPlex

On September 27, 4 pm, at the RecPlex, on 215 Old Hebron Road, local youngsters, under 14 years of age, will compete in the 2008 Hyperflyte Youth Flying Disc Championship. Competitors will compete in three challenging events that test their disc throwing skills to the maximum. The contest is free for both competitors and spectators and no previous experience is required to participate. All competitors will receive an official Hyperflyte competition disc, and the winner, 2nd place and 3rd place finishers will receive awards. For more information on the event, please contact Christopher Woodside at 860-537-7297 or by email at cwoodside@colchesterct.gov.

BIG E DISCOUNT TICKETS!

Plan a day at the Big E, and before you go, pick up your tickets at Colchester Parks & Recreation. For your convenience we are open from 8:30 a.m. until 4:30 p.m. Monday – Friday. The Big E runs daily from Friday, September 12th until Sunday, September 28th. Tickets will be available until 4:00 Friday, September 26th. Adult (13 years old and older) tickets \$10.00, Children ages 6-12 \$8.00, Midway POP Voucher for wristbands \$20. Midway vouchers will be redeemed for an all day unlimited ride pass on Monday – Thursday only. Visa and MasterCard accepted. Save time and avoid the lines! For more information please call 537-7297.



CIVIC ORCHESTRA AND CHOIR STARTS SEASON

The Colchester Civic Orchestra and Choir is starting its fall rehearsal season on September 4, 2008, with plans for a fall concert on October 4th, and a Holiday concert in December. For locations and times please visit the CCO website. The CCO is a community group sponsored by Colchester Parks and Rec, and open to musicians of any experience level. Current members range in age from 10 to 70 and are from towns all over Connecticut. The CCO is seeking new members for orchestra, choir, and jazz band. New members are welcome to join at any time. Orchestra meets on Thursdays from 7 – 9 pm; choir meets on Tuesdays from 7 – 9; and jazz band meets on Wednesdays. All rehearsals are held at the William J Johnston Middle School in Colchester. For more information visit the website at www.colchestercivicorchestra.org or call John Ringo at 860-267-6271.

EAGLE SCOUT IMPROVES THE TRAIL

For his Eagle Scout Candidate Project, Chris Chobot took on the cross country trail that winds its way through the woods behind Bacon Academy. Over the years, mother nature has taken a toll on the trail,



squeezing in from the sides and washing out portions during heavy rains.

To address the problems, Chris raised funds and recruited fellow scouts to implement his plan. Over the course of the project, Chris and his crew

cleared the trail of debris, trimmed back bushes, and, most significantly, constructed and installed wooden platforms over shallow waterways.

When the Bacon Academy Cross Country team takes to the trail this fall, they will be pleasantly surprised by their improved home course. With widened sections along the trail, they will have additional opportunities to overtake their opponents as they run through the woods.

At a total cost of \$140, 100 man-hours and a lot of donated lumber, this project will be a major benefit to the town. Chris should be extremely proud of his accomplishment, and we wish him well in achieving Eagle Scout.

It's Coming to Colchester!

Holiday Homecoming!

Annual Community Event

December 6th, 4:30 pm

Join us on Saturday, December 6th at 4:30 p.m. on the Town Green as we celebrate the beginning of the holiday season with Colchester's own Holiday Homecoming! The child who writes the best essay describing their holiday celebration will win a ride with their family on the fire truck that brings Santa to the Green. This annual community event is a collaboration of local businesses, civic organizations and many volunteers. For additional information please call Parks & Recreation at 537-7297.



COLCHESTER PARKS & RECREATION'S BACON ACADEMY SKI/SNOWBOARDING CLUB 2009!

Attend the informational meeting and pick up your registration packet on Wednesday, October 8th at 2:30 p.m. in the Bacon Academy Media Center! Deadline to register for the ski club is November 3rd. Ski Sundown will again offer a 6 hour lift rate option for those who would like to ski longer and arrange for their own transportation home! Ski trip dates will be Friday, January 9, 16, 23, 30. Coach bus departs Bacon Academy at 2:30 p.m. and returns back to Bacon Academy at approximately 9:00 p.m. Prices and all package options will be announced at the meeting. Please contact Anita at Parks & Recreation at 537-7236 or email: apmiazga@colchesterct.gov.

4TH ANNUAL HOLIDAY HOUSE DECORATING CONTEST

Event December 8th • Register by December 1

Colchester Parks and Recreation will be hosting its 4th annual Holiday House Decorating Contest on Monday, December 8th. This contest is an opportunity for Colchester residents to show their holiday spirit, while having fun and expressing their creativity when decorating their property for the holiday season. The contest is free and contestants must register with the Parks and Recreation Department by December 1st. The first, second, and third place winners of the contest will be contacted the following week to pick up their prize. Last year the winners won prizes from local businesses. Participants will have until Saturday, December 6th to complete their decorations. The judging will take place on Monday, December 8th. In addition, anyone attending the Holiday Homecoming event on December 6th will have the opportunity to take a bus tour to view the participant's decorations. Further information regarding this event will be forthcoming.

House Decorations Bus Tour

When: Saturday, December 6th at 6:00pm

Where: Bus will be leaving from the Town Green.

Who: Anybody that would like to come, space is limited so it will be on a first come first serve basis.

Why: To go around town to view the holiday decorations that make the town of Colchester such a cheerful place during the holiday season.

Come join us! You are invited on a bus tour to view the wonderfully decorated houses and businesses that light up our community during the holiday season. This tour will give participants a look at the houses and businesses participating in this year's Holiday House/Business Decorating Contest before they are judged. These decorated properties not only give the town of Colchester a holiday feel during this time of year but also help spread the holiday spirit around town through their own creativity and expression. We will be leaving the town green at approximately 6:00pm and will return shortly after touring the town and viewing the beautifully decorated properties that local residents and businesses have displayed for us.

PARKS RECREATION AND TROOP K HALLOWEEN EVENT



Friday, October 31st 5:30 –9:00 p.m.

Look for information on our website at www.colchesterct.gov. If you are interested in volunteering, please contact Anita Miazga 537-7236 or email: apmiazga@colchesterct.gov.



4TH ANNUAL COLCHESTER 57 FEST

SATURDAY, SEPT. 27

4-8PM

**COLCHESTER RECREATION COMPLEX
FREE!**

In just three weeks, the RecPlex will undergo its annual transformation from sports fields to fairgrounds, as we ready it for Colchester's favorite family celebration!

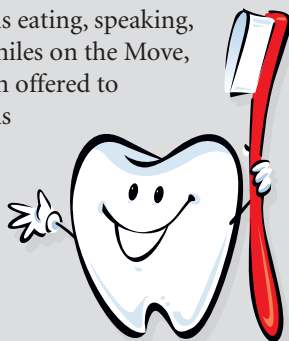
The 57 Fest has two guidelines: all activities are free (there's nothing to buy except food and glowlights, which help fund the fireworks), and we try to incorporate health and wellness as an integral theme of the event. We just want everyone to have a great time!

Two of this year's highlights include the headline concert, which will feature "Changes in Latitudes," the premier Jimmy Buffet tribute show, on the Liberty Bank Stage. The other will be the expanded Backus Hospital Wellness Tent, where visitors can learn a variety of ways and opportunities to lead healthy, active lives. And, of course, the evening will be capped off with a spectacular fireworks display.

For complete details, visit the web site at www.colchesterct.gov/57fest or watch for the official event program in the September 26 issue of the Colchester Reminder.

SMILES ON THE MOVE

Young children may be most affected by dental disease due to limited access to dental services. Oral health problems can impact self-esteem for children and lead to problems eating, speaking, and attending to learning. Smiles on the Move, the dental treatment program offered to students right in the school, is preparing for the new school year. Watch for information to come home with students at the beginning of the year, or contact Smiles on the Move at 822-4943.



We're Listening!

**WE WANT TO HEAR FROM YOU!
ANY QUESTIONS OR COMMENTS?
CALL OR DROP US AN E-MAIL.
KEEP THIS IMPORTANT INFORMATION!
127 Norwich Ave, Colchester, CT 06415**

PARKS & RECREATION ADMINISTRATION

Director, Jason Cohen - jcohen@colchesterct.gov
Office Manager, Liz Kessler - ekessler@colchesterct.gov
Recreation Supervisor, Anita Miazga - apmiazga@colchesterct.gov
Recreation Specialist, Chris Woodside - cwoodside@colchesterct.gov
Phone: (860) 537-7297 Fax: (860) 537-0547

PARKS & RECREATION COMMISSION MEMBERS

Sean O'Leary, Chair	Chris Ferrante, Vice Chair
Lynette Dimock, Secretary	Lynne Stephenson
Steve Ashe	Norm Kaplan
Jody Barr	Eric Kundahl
Clint Williams (Alternate)	

PUBLIC OFFICE HOURS

Mon - Fri 8:30 am - 4:30 pm

PARK MAINTENANCE

Tim Angell-Crew Leader, Don Standish, Neal Trecarten, Mike Ryder, Don Johnson, Steven Shorts

SPORTS LEAGUES - WHO TO CONTACT

Although many organizations use town's facilities, the following groups do not come under the direction of Colchester Parks & Recreation. Unless otherwise specified, sports leagues can be reached through their voice mailbox on the Parks & Recreation Infoline: 537-7200 ext. 1004.

YOUTH:

Basketball: Paul Scheibelein - basketball@colchesterct.info

Cheerleading: Donna Cassidy - cyfcoachcass@yahoo.com

Football: Paula McDowell - football@colchesterct.info

Lacrosse: Tracy Loskant - 267-5965

T-Ball, Baseball & Youth Softball:

Tom Lambert - 367-6256

www.eteamz.com/colchesterctbaseball

Youth Soccer: Joe Schomaker - soccer@colchesterct.info

Youth Wrestling: Gordon Elrod - wrestling@colchesterct.info
www.colchesterwildcats.org

ADULT:

Men's Softball: Mike Gatesman - menssoftball@colchesterct.info

Women's Softball: Lynn Stephenson - 674-0143

Men's Soccer: Hugo Vivero - menssoccer@colchesterct.info

Men's Baseball: Chris Ferrante - mensbaseball@colchesterct.info

COLCHESTER SPECIAL OLYMPICS:

Necia Stopa - nstopaharp@yahoo.com





ADULT 4 v 4 FLAG FOOTBALL

Ages: 18 yrs and older

Whether you've played football your whole life or just like to play catch in the backyard this is the football program for you. This unique style of flag football creates a fun fast paced environment for participants to enjoy a healthy form of competition. Teams consist of 6 players with 4 playing at a time. The program runs Sunday mornings and is over in time for you to get back and watch the first kick-off. Sign up as an individual to be "Drafted" or as a team and save money. The price for a team is only \$135. So gather your friends and sign up to see if you have what it takes to win the 1st annual 4 v 4 Flag Football league. Registration Deadline September 22nd. There will be a mandatory captains meeting September 26th.

Date: Sun. Sept. 28th – Nov. 23rd

Time: 9:00 a.m. – 1:00 p.m.

Location: Rec Plex R6

Fee: Individual \$25

Team \$135

Non Res Additional: \$5 per person

Activity# 5000.400

ADULT RECESS

Ages: 18 yrs and older

It's recess time for adults! Kickball, dodge ball, volleyball anyone? Remember all those fun and exciting blacktop games you played as a child? We'll be bringing back the old favorites! Each week will be a different game. Registration deadline 9/22. No class 11/24 12/22, 12/29.

Date: Mon. Sept. 29th - Jan. 26th


Time: 7:00 – 9:00 p.m.

Location: WJJMS Gym A

Fee: \$20

Non Res Additional: \$15

Activity# 4000.491



Board Certified
in Internal Medicine

PRIYA TANDON, M.D.

Assistant Professor of Medicine
University of Connecticut

Office Hours by Appointment

**Now Accepting
New Patients**

123 Broadway
Colchester, CT 06415

(860) 537-2309
Fax (860) 537-1629

ADULT ROPES COURSE PROGRAM

Ages: 18 yrs and older

Thinking of trying something different? Have you ever seen the WJJMS climbing complex and wished you were a kid again? Now is your chance! Come join us for a 6 week adventure program just for the big kids. So you might ask yourself...what are the prerequisites for participating in an adventure program? We have just one - come with an open mind to try out a lot of really cool activities. Over the 6 weeks you will get to participate in activities that will challenge both your mind and body. Much of that time will be spent on the WJJMS low and high ropes challenge course possibly doing things that you never had the opportunity to do before. We will see you there! Registration Deadline will be September 26th.

Date: Sat. Oct 4th - Nov 8th.

Time: 9:00-11:00 am

Location: WJJMS Ropes Course

Fee: \$60.00

Non-Res Additional: \$15

Activity# 4000.568

BALLROOM DANCING

Ages: 18 yrs and older

This class makes a great night out! Get ready to dance the night away. Each six-week class will concentrate on the basics of two different dances. Dances may include but are not limited to the following: Swing, Waltz, Hustle, Rhumba, Tango, Foxtrot, Cha-Cha, Salsa, and more. Participants may wear comfortable clothing. Ballroom shoes or dance shoes are preferred (can be pre-ordered through The Dance Academy of Colchester 537-3888). Students may also wear socks. In order to protect the studio floor, no street shoes are permitted. Get your heart rate going in a fun way! No class 10/31. Registration Deadline will be September 26th.

Date: Fri. Oct. 3rd – Nov. 7th

Time: 6:30 – 7:30 p.m.

Location: Dance Academy of Colchester (Above CVS)

Fee: \$75

Non-Res Additional: \$15

Activity# 2000.500



**VOLUNTEERS
WANTED!**

Interested?

Contact Parks & Recreation
at 537-7297.

BASIC DOG OBEDIENCE

Ages: 18 yrs and older

This 7 week class is designed to create a deeper dog-owner bond, address some behavior issues and help owners understand how their canines communicate. Six basic obedience commands will be covered: come, heel, sit, down, stay & stand as well as temperament type. This class is appropriate for dogs eight months and older. The first class is for OWNERS ONLY and will enlighten you as to what to expect from this class. Enrollment will be finalized with a brief phone consultation with the trainer before the first class. Please bring a chair to the first class and wear comfortable clothes and footwear. Deadline 9/8.

Date: Tues. Sept. 9th - Oct. 21st

Time: 6:00 – 7:00 p.m.

Location: Side lawn at Town Hall

Fee: \$100

Non Res Additional: \$15

Activity# 4000.996

BEGINNER PILATES

Ages: 18 yrs and older

Let's get to work! This beginner Pilates class will strengthen core abdominal muscles through basic Pilates techniques. Get those long lean muscles you've always wanted. The body of a dancer without all those hours of training. Participant may bring their own mat. Please wear comfortable light clothing and bare feet or socks. Registration deadline 9/23.

Date: Tues. Sept. 30th - Nov. 18th

Time: 6:45 – 7:45 p.m.

Location: Dance Academy of Colchester (Above CVS)

Fee: \$75

Non Res Additional: \$15

Activity# 2000.501

CARDIO KICK

Ages: 16 yrs and older

Start with Cardio Kick class to boost the metabolism; Kicking, jabbing and squatting and combining it all together!! (Modified movements if needed) Join the second class and burn additional calories by using light weights (3lb-5lb). Adding sets and using creative movements with light weights you are able to get that burn to strengthen those muscles!! Strong muscles burn calories around the clock!!! Both Classes include 2 different Explosive Abdominal Routines. Please bring a drink, a towel, and 3 - 5 lbs. weights. Registration Deadline September 16th.

Date: Tues. & Thurs. Sept. 23rd – Oct. 30th

Time: 6:00 – 7:00 p.m.

Location: BA Café

Fee: \$43

Non Res Additional: \$15

Activity# 2000.943

WEIGHT TRAINING

Ages: 16 yrs and older

Burn calories by using light weights (3lb-5lb), adding sets and using creative movements. By using light weights you are able to get that burn and strengthen those muscles!! Strong muscles burn calories around the clock!!! Combine with Cardio Kick and see results in 6 weeks! Both classes include 2 different Explosive Abdominal routines. Please bring a drink, a towel, and 3 - 5 lbs. weights. Registration Deadline September 16th.

Date: Tues. & Thurs. Sept. 23rd – Oct. 30th

Time: 7:00 – 8:00 p.m.

Location: BA Café

Fee: \$43

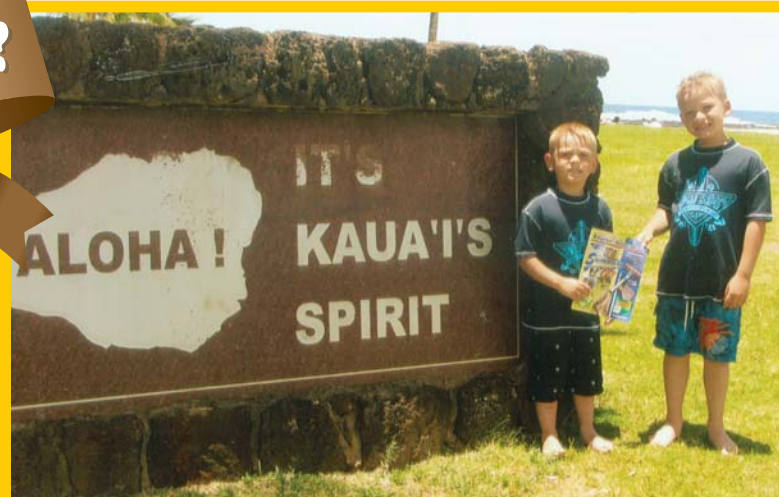
Non Res Additional: \$15

Activity# 2000.944

*Your bound
to see the
results for the
whole body
within
6 Weeks!!!*



*Zachary & Ryan Wilkins
Kauai, Hawaii - June 2008*



PICK-UP INDOOR SOCCER CO-ED

Ages: 18 yrs and older

Ever want to be a part of world-class soccer, but never had the chance? We have the next best thing for you. Bring your sneakers and get ready to match up against some of Colchester's best. Take part in an opportunity to stay in shape, exercise, socialize and of course, play soccer! Men and Women of all skill levels and abilities are encouraged to participate. No class 11/25, 12/ 23, 12/30. A minimum of 22 registrations is needed to run program. Registration deadline 9/23.

Dates: Tues. Sept. 30th – Jan. 27th 2009

Time: 7:00 – 9:00 p.m.

Location: WJJMS Gym A

Fee: \$20

Non Res Additional: \$15

Activity# 2000.497

Family

INTRODUCTORY BOCCIE

Ages: 5 yrs and older

Ever wanted to learn the game of Bocce but didn't know how? Well this is your chance to learn everything you ever wanted to know about the game. This unique introductory 6 week class is designed to teach the basics of Bocce to all ages. This is a great way to get the family together and enjoy a new outdoor activity. Sign up as a family and save! Families of 3 or more pay only \$45. Registration deadline is 9/24. Rain or cancellation dates are November 12 and 19th.

Date: Wed. Oct. 1st – Nov. 5th

Time: 4 - 5:30 p.m.

Location: Rec Plex Bocce Courts
(Next to Tennis Courts)

Fee: \$20 per person

Non Res Additional: \$15

\$45 for family of 3 or more

Activity# 4000.527



MEN'S PICK-UP BASKETBALL

Ages: 18 yrs and older

Think you got game? From Beginner to Advanced, Pick-Up Basketball has something for everyone. Bring your best and challenge others for a little 5 vs. 5. Whatever it is, you can play! Registration deadline 9/24. No class 11/26, 12/24, 12/31.

Date: Wed. Oct. 1st – Jan. 28th 2009

Time: 7:00 - 9:00 p.m.

Location: WJJMS Gym A

Fee: \$20

Non Res Additional: \$15

Activity# 2000.499

WOMEN'S PICK-UP BASKETBALL

Ages: 16 yrs and older

Like competition, but lack the desire for structure? Pick-up Basketball is the thing for you. Enjoy playing against people of all skill levels. Bring friends and make friends while you're at it as well. Registration deadline is 9/25. No class 11/27, 12/25, 1/1/09.

Date: Thurs. Oct. 2nd - Jan. 29th, 2009

Time: 7:00 – 9:00 p.m.

Location: WJJMS Gym A

Fee: \$20

Non Res Additional: \$15

Activity# 2000.498

NYSCA TRAINING

Ages: 18 yrs and older

Initial Level Membership: Introduction to coaching youth sport program: To become a member, coaches participate in an NYSCA interactive video training clinic, successfully complete an exam and sign a pledge committing them to uphold the NYSCA Code of Ethics. Volunteer coaches who are interested in becoming initial members start by taking a 3 hour training course called a "Clinic." This is not a sport specific - coaches of all sports are encouraged to attend. For additional information you may also visit the NYSCA's website at www.nays.org (Aational Alliance for Youth Sports). Registration deadline is October 14)

Date: Mon. Oct. 20th

Time: 6:00 – 9:00 p.m.

Location: Town Hall Meeting Room 3

Fee: \$20

Non Res Additional: \$15

Activity# 2000.634





AFTER SCHOOL AT CES

Our after school programs are over at 4:30 p.m. unless otherwise indicated. We ask that you pick your child up at that time. We allow a 5 minute grace period. If you arrive after the grace period you will be billed a \$1.00 per minute late charge. Please be considerate! Please send a note with your child each week giving them permission to participate. Students will be dismissed to the café where they will be greeted by the instructor and escorted to the class location. For class cancellations please check our website at www.colchesterct.gov. We do what they do...If there is no school, there are no programs.

DRAMA KIDS

Grade 1 & 2

This 8 - week class is for grades 1 & 2 only. The Drama Kids developmental drama program for 1st and 2nd graders provides them with unique opportunities to develop clear speech, fluent delivery and dynamic social skills. Drama Kids helps to give them the confidence to be participants in all aspects of their lives, able to ask questions, seek answers and share information with others. Children who mix well with others find it easier to make friends and adjust to new situations. They find school an enjoyable adventure! Drama Kids students become articulate communicators through enthusiastic participation in a wide range of creative activities including speech, creative movement, improvisation, and a special year-end performance in Spring 2009. No class 11/4, 11/11, 11/25. Registration deadline 9/23.

Date: Tues. Sept. 30th – Dec 9th

Time: 3:15 – 5:00 p.m.

Location: CES Adaptive PE Room

Fee: \$120

Non Res Additional: \$15

Activity# 2000.226

SQUEAKY SNEAKERS 1 & 2

Grade 1 & 2

Get active and have fun after school with Mr. Levine! Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kids busy with lots of games and various sports. Dress appropriately, we will be outside as much as possible! Please note this is a 5 week class. Registration deadline one week prior to start date.

Time: 3:15 – 4:30 p.m.

Location: CES Gym

Fee: \$35

Non Res Additional: \$15

Session 1: Fri. Sept. 26th – Oct. 24th

Activity# 3000.512

Session 2: Fri. Nov. 7th – Dec. 12th

Activity# 3000.513 (No class 11/28)

SQUEAKY SNEAKERS KINDERGARTEN

Get active and have fun after school!

Join us for an enthusiastic approach to physical activity and recreation. Help your child attain their daily recommended amount of physical activity! This program will keep kindergarteners busy with games and sports. Registration deadline one week prior to start date. Dress appropriately, we will be outside as much as possible! Please note this class is 5 weeks. Registration deadline one week prior to start date

Time: 3:15 – 4:30 p.m.

Location: CES Gym

Fee: \$35

Non Res Additional: \$15

Session 1: Thurs. Oct. 2nd – Oct. 30th

Activity# 3000.510

Session 2: Thurs. Nov. 6th – Dec. 11th

Activity# 3000.511 (no class 11/27)

TOTAL TENNIS

Grades 1 & 2

Tennis Anyone!? Each class will begin with a different type of dynamic warm-up. We follow up with creative and fun coordination exercises that help balance and motor skill development. Following the warm-up, we will work on tennis specific drills and games that will aid in our initial goal which is to have the children rally cooperatively. Lastly and most importantly, we will discuss the value of sportsmanship and how it relates to fun! This program is for grades 1 & 2 only! You may bring your own racquet or borrow a racquet. Registration deadline one week prior to start date.

Time: 3:15 - 4:30 p.m.

Location: CES Gym

Fee: \$42

Non Res Additional: \$15

Session 1: Mon. Sept. 29th - Nov. 3rd

Activity# 2000.603 No class 10/13

Session 2: Mon. Nov. 10th – Dec. 15th

Activity# 2000.608 No class 11/24



LIL' KICKERS INTRODUCTORY PROGRAM

Ages: 3 – 5 yrs old

The Chung Do Kwan Academy of Colchester is offering a 4 week introductory program. This specialized Taekwondo class is offered for children 3-5 years old. The Lil' Kickers Program focuses on improving pre school-age children's basic motor and listening skills. In the Lil' Kickers classes, your child will be exposed to positive social interaction, learn to work with others and follow directions from the instructors through Taekwondo training. The curriculum consists of developing 8 major skills that are necessary for participation in any sport or activity. These skills are; focus, teamwork, control, balance, memory, discipline, fitness and coordination. Registration deadline 9/6. Child must be 3 years old by 9/1.

Date: Thurs. Sept 11th – Oct. 2nd

Location: Colchester Chung Do Kwan Academy

Fee: \$50

Non Res Additional: \$15

Time: 9:30 – 10:10 a.m.

Activity# 4000.246

Time: 12:45 – 1:25 p.m.

Activity# 4000.247

MILLION DOLLAR BABIES

Ages: 2 & 3 years old

Parent and child can experience the world of dance together in this six-week workshop. Children will be introduced to dance through rhythmic games, basic dance vocabulary, and special awareness exercises. Musical rhythm and loco-moto movements are explored in a fun and interactive way. Registration Deadline September 26th.

Date: Sat. Oct. 4th – Nov. 8th

Time: 9:45 - 10:30 a.m.

Location: Dance Academy of Colchester (Above CVS)

Fee: \$75

Non Res Additional: \$15

Activity# 4000.812

PRE BALLET & TAP 2

Ages: 4 – 6 years old

Bring your child to the next level of dance through Pre Ballet 2. As your child grows our dance class grows with them while extending your child's dance knowledge at the same time. Learn through stories, instruments, games, songs and much more. We will be introducing Tap to this class. Dancers must have completed Miss Mary's Pre Ballet 1 class or have prior dance experience. Suggested attire for Pre Ballet & Tap classes: pink leotards and tights or children can wear sweatpants or shorts with t-shirts. Please do not wear jeans or regular pants because they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Please bring a folder to class. Registration deadline 9/25.

Time: 4:30 – 5:30 p.m.

Location: WJMS Cafe A

Fall Session:

Date: Thurs. Oct. 2nd - Nov. 20th

Fee: \$43

Non Res Additional: \$15

Activity# 4000.922

Winter Session:

Date: Thurs. Jan. 15th - March 26th (No class 2/19)

Fee: \$78

Non Res Additional: \$15

Winter fee includes recital and costume fees.

Activity# 4000.925



FAMILY

RESTAURANT & GRILL

BREAKFAST - LUNCH - DINNER - PIZZA

Serving a Large Selection of
Beer, Wine & Cocktails

Celebrating Our 30th Anniversary

Dine In or On Our Beautiful Patio
Serving Breakfast Daily until 4:30pm

"Just Look For The Log Cabin"

Open 7 Days a Week

296 South Main St., Colchester, CT (860) 537-3441
www.familypizzact.com

Late Fee Policy:

Program registration deadline is one week prior to the start of the program. If we can accommodate a registration after deadline there will be a \$10 late registration fee.

PRE BALLET 1

Ages: 3 – 6 years old

This preschool ballet class is a great way to open your child's door to the world of Classical Ballet. These young dancers will learn through movement, stories, instruments, games, songs and much more. Registration deadline is 9/24. Suggested attire for dance classes: leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Pre ballet suggested attire color is pink. Please bring a folder to class. Registration deadline 9/25.

Time: 4:30 – 5:30 p.m.

Location: JJIS Multi Purpose Room (*conference room reserved for parents and siblings*)

Fall Session:

Date: Wed. Oct. 1st - Nov. 19th

Fee: \$43

Non Res Additional: \$15

Activity# 4000.975

Winter Session:

Date: Wed. Jan. 14th - March 25th 2009 (*No class 2/18*)

Fee: \$71

Non Res Additional: \$15

Winter fee includes recital and costume fees.

Activity# 4000.920

START SMART SOCCER

Ages: 3 – 5 years

3-5 years with parent. Play with your kids! This program focuses on teaching children and their parents basic soccer skills such as kicking, dribbling, trapping & throw-ins/ running without the threat of competition or the fear of getting hurt. Each week the exercises become increasingly more difficult as the children show improvement. Children learn the skills, but have FUN in the process. It's important that the children have fun while learning basic skills so they will be more likely to participate in organized leagues in the future. Mandatory Parent's Meeting on Thurs. Oct 2 Town Hall Room 2 from 6-7 PM. If you have already attended a Start Smart Parent meeting, you are excused. Pre registration is required, deadline is 9/29. Limit 20 parent/child teams. No class October 13th.

Date: Mon. Oct. 6th – Nov. 17th

Location: CES Gym

Fee: \$35

Non Res Additional: \$15

Times: 6:00 – 7:00 p.m.

Activity# 4000.983

Times: 7:00 – 8:00 p.m.

Activity# 4000.988

TOTAL TENNIS PEE WEE

Ages: 4 – 6 yrs old

This is a high energy, interactive program with a high emphasis on fun! Kids will learn basic skills through creative & imaginative lesson plans. This is a 4-week class. You may bring your own racquet or borrow a racquet. Registration deadline is Oct. 3

Date: Sat. Oct. 11th - Nov. 1st

Time: 9:00 – 10:00 a.m.

Location: Rec Plex Tennis Courts

Activity# 2000.656

Fee: \$33

Non Res Additional: \$15



Jackets, Corderoys, Jeans,
Sweaters, Sweats, Gifts,
Toys and more

AGAIN!
AGAIN!

kids' consignment

Your (not so) secret source for pre-owned
children's items in "like new" condition!

Tues., Wed., Thurs., Fri 10-5, Sat. 9-5
128 Mill Street • Colchester, CT • 860-537-0239

Auto • Life • Home Health • Investments Commercial



Paul A Catalano, CLU
87 Lebanon Ave
Colchester, CT 06415-2739
Bus: 860-537-3338
www.catalanoins.com

**LIKE A GOOD NEIGHBOR,
STATE FARM IS THERE.**
*Providing Insurance and
Financial Services*

P058005 03/05

State Farm • Home Offices, Bloomington, IL



PUMPKIN FESTIVAL

Saturday, October 25th

Celebrate Halloween early!! Come join us on a bus to the pumpkin capitol of New England. Keene, New Hampshire is a beautiful village with a wide Main Street and lots of activities. There is a band shell with live entertainment and over 16,000 hand-carved and decorated creations. We'll eat lunch at the Woodbound Inn in Rindge, NH, and at dusk, see the Grand Illumination which is an amazing sight!

The bus will depart from the Marlborough Town Hall.

Registration Deadline 9/24.



Fee: \$68 per person
Bus departs
Marlborough Town
Hall at 9:00 a.m.
Estimated return to
Marlborough Town
Hall at 9:30 p.m.

Look for a
complete listing of
2009 Bus Trips
in the Winter
2009 Program
Brochure.

NEW YORK ON YOUR OWN

Saturday, December 13th, 2008

It's time to sign up for our annual trip to New York. Don't delay, this bus fills really quickly. You will have the day on your own in the Big Apple during the most festive time of the year.

Experience the world's most famous flagship retail stores all decked out for the holidays! Take a breathtaking horse & carriage ride through Central Park, see the spectacular Christmas tree in Rockefeller Plaza, or get tickets to a Broadway show. Cost is \$35 per person and includes luxury motor coach transportation. This is the BEST way to experience New York in December!



Mackey's

HOME, FARM AND PET SUPPLY

Pet Foods & Supplies

Farm Feeds & Needs

Lawn & Garden Supplies

132 Linwood Ave., Colchester • 860-537-4607
Route 66, Willimantic • 860-423-6311
www.mackeysinc.com

OUR FAMILY INVITES YOU TO JOIN THE FUN OF TAEKWONDO

A PART OF YOUR COMMUNITY FOR OVER 20 YEARS

SELF-DEFENSE FOR EVERYONE

TEACHING RESPECT & SELF-ESTEEM FOR CHILDREN

CHALLENGING MIND & BODY FOR ADULTS

Starting in September
check out the
Lil' Kicker Program
Colchester's premier children's program for 3 - 5 year olds



**No Contracts
Family Discounts**

**COLCHESTER
CHUNG DO KWAN ACADEMY**
392 South Main St. (Rt. 85)

CALL NOW 537-6333 AND JOIN THE FUN
Master Instructor David J. Turgeon



BALLET & TAP YOUTH

Ages: 5 – 13 yrs old

Your child will learn the technique of Classical Ballet and Tap, through Ballet Barre, center and across the floor exercises. They will gain knowledge of dance, a sense of music socialization, self confidence and make new friends! Suggested attire for Ballet & Tap classes: black leotards and tights or children can wear sweatpants or shorts with t-shirts. Please no jeans or regular pants are to be worn in class as they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Ballet slippers or water shoes. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Registration deadline is one week prior to the start date.

Time: 5:30 – 6:30 p.m.

Location: WJJMS Café A

Fall Session:

Date: Thurs. Oct. 2nd – Nov. 20th

Activity# 4000.978

Fee: \$43

Non Res Additional: \$15

Winter Session:

Date: Thurs. Jan. 15th – March 26th 2009

Activity# 4000.980 (No class 2/19)

Fee: \$78

Non Res Additional: \$15

Winter fee includes recital and costume fees.

~ Or ~

Time: 5:30 – 6:30 p.m.

Location: JJIS Multi Purpose Room 79 (conference room reserved for parents and siblings)

Fall Session:

Date: Wed. Oct. 1st – Nov. 19th

Activity# 4000.969

Fee: \$43

Non Res Additional: \$15

Winter Session:

Date: Wed. Jan. 14th – March 25th 2009

Activity# 4000.979 (No class 2/18)

Winter fee includes recital and costume fees.

Fee: \$78

Non Res Additional: \$15

Late Fee Policy:

Program registration deadline is one week prior to the start of the program. If we can accommodate a registration after deadline there will be a \$10 late registration fee.



CLIMBING INTRODUCTORY PROGRAM

Ages: 8yrs and older

Looking for a healthy and challenging activity? Then register for our Climbing Program! Instructor Gary Mead will teach participants the fundamentals of climbing which include rules, safety, proper use of equipment and much more! In addition the instructor will also be incorporating fun team building activities as part of the climbing program. Parents and children are encouraged to participate together! Registration Deadline is September 18th.

Dates: Tues, Sep 23rd – Oct 28th

Time: 4:15-5:45

Location: Bacon Academy Climbing Wall

Fee: \$60.00

Non Res Additional: \$15.00

Activity# 5000.322

HIGH SCHOOL PICK-UP BASKETBALL

Grades 9 - 12

This program is designed for teens in High School. Come out for some healthy competition with your friends in a game pick-up basketball. It doesn't matter if you're a varsity athlete or a recreational player this game's for you. Registration deadline is 9/23.

Date: Mon. Sept. 29th - Jan. 26th

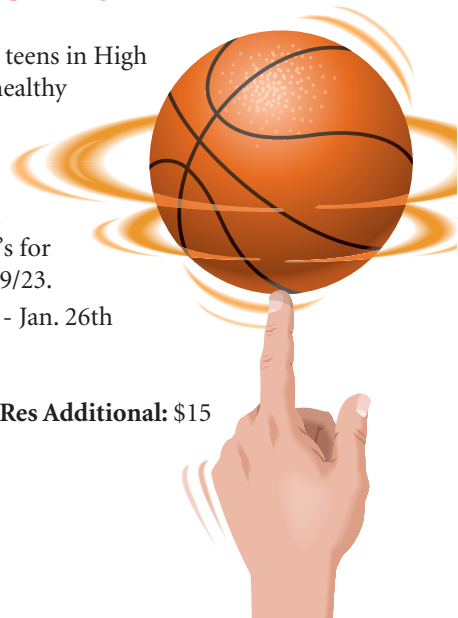
Time: 5:00 – 7:00 p.m.

Location: WJJMS Gym A

Fee: \$20

Non Res Additional: \$15

Activity# 3000.567





Colchester Florist

For All Occasions Flowers Say It All!
A Full Service Florist Making Colchester Beautiful For Over 55 Years

15 Broadway • Colchester, CT
Open 6 Days, Mon.-Sat.
537-5506

3712

JAZZ & TAP

Ages: 5 – 13 yrs old

This is NOT your typical dance class! Dancers will learn combination of Hip-Hop and Lyrical Jazz movements- today's hottest moves-music video style! This class uses popular music of today's youth. Kids will also learn a few great tap dances. Come and learn the newest moves with your friends! All lyrics are age appropriate. Suggested attire for Jazz & Tap classes: black leotards and tights or Sweatpants, shorts with t-shirts. Please do not wear jeans or regular pants because they restrict movement and could cause harm to the dancer. Hair should be pulled back. Dance shoes: Lightweight sneakers (no hightops) and knee pads. All shoes should fit snugly with no space between the shoe and foot. Tap: hard soled shoes that tie or fasten or Tap shoes. Registration deadline one week prior to start date.

Time: 6:30 – 7:30 p.m.

Location: WJJMS Café A

Fall Session:

Date: Thurs. Oct. 2nd – Nov. 20th

Fee: \$43

Non Res Additional: \$15

Activity# 4000.970

Winter Session:

Date: Thurs. Jan. 15th – March 26th 2009

(No class 2/19)

Fee: \$78

Non Res Additional: \$15

Winter fee includes recital and costume fees.

Activity# 4000.977

~ Or ~

Time: 6:30 – 7:30 p.m.

Location: JJIS Multi Purpose Room

Fall Session:

Date: Wed. Oct. 1st - Nov. 19th

Fee: \$43

Non Res Additional: \$15

Activity# 4000.981

Winter Session:

Date: Wed. Jan. 14th – March 25th 2009

(No class 2/18)

Fee: \$78

Non Res Additional: \$15

Winter fee includes recital and costume fees.

Activity# 4000.976

TOTAL TENNIS

LOW INTERMEDIATE/INTERMEDIATE

Ages: 7 – 17 yrs old

This program is for individuals that have basic rally & competitive skills. The course is designed to introduce spins, advance footwork, serve, placement & strategy. You may bring your own racquet or borrow a racquet. Registration deadline Oct. 3.

Date: Sat. Oct. 11th – Nov. 1st

Time: 11:45 a.m. - 1:00 p.m.

Location: Rec Plex Tennis Courts

Fee: \$72

Non Res Additional: \$15

Activity# 2000.660

TOTAL TENNIS

BEGINNER /ADVANCED BEGINNER

Ages: 7 – 17 yrs old

This program is designed for those kids who are new to the game or have very little experience. During the different sessions we focus on basic skills such as movement, proper grips & stroke production. You may bring your own racquet or borrow a racquet. Registration deadline is 10/3.

Date: Sat. Oct. 11th - Nov. 1st

Time: 10:15 – 11:30 a.m.

Location: RecPlex Tennis Courts

Fee: \$42

Non Res Additional: \$15

Activity# 2000.658



VOLUNTEERS WANTED!

Interested?

Contact Parks & Recreation
at 537-7297.

I'M SO TAN LLC

TANNING SALON

The Ultimate Tanning Experience



Summer Sun Is Fading, Keep Your Tan Going

Area's Finest Tanning Facility!

We Have Multiple 40+ Bulb Beds
2 Stand Ups For The Most Effective Tan

- Meticulously Clean • Extensive Lotion Line
- Payment Plan Options • Complete Tanning Packages
- Student Discounts • Military Discounts

www.ImSoTan.com

One Commerce Center
188 Norwich Ave., Colchester

537-8826

Mon - Fri: 9-8 • Sat - Sun: 10-5






FALL PLANT SWAP

How does your garden grow? Bring a healthy sampling of four or more of you favorite plant(s) potted up and go home with the same amount from the gardening friends you will meet at the swap. Swap starts promptly at 10:00 a.m. Come early and be ready!!

Saturday, September 27th, 2008, 9:30 am to 10 am
Cohen Woodlands (Rain location: RecPlex Pavilion)

Plant Swap Instructions: Please pot your plants at least 4 days before the Plant Swap and clearly label each plant with name of plant, sun requirements, height, bloom time and any other helpful comments; ie spreads quickly, cut back for multiple blossoms, deer resistant etc. If you have a lot of something that needs to be dug up; i.e. Hosta, Spirea, please let us know when you register so we can announce the opportunity to "come and dig them up" at the swap. **For additional information please contact Colchester Parks & Recreation at (860) 537-7297.**

COLCHESTER 57 FEST PARADE

Saturday, Sept. 27 • 2pm

This brand new celebration will step off from William J. Johnston Middle School at 2pm, head down Norwich Avenue, turn right onto Main St, and finish off on Lebanon Avenue. The Town Green and surrounding area will be a great place to enjoy the parade.

The inaugural theme of the parade is "Where Tradition Meets Tomorrow," borrowing the town's motto. Look for creative interpretations of what makes Colchester such a wonderful place to live, work and play!

At the conclusion of the parade, shuttles will depart from the Veterans Green and take people up to the start of the 57 Fest at the park. For more information please call 537-7297 or go to the website 57parade@colchesterct.gov.

PUNT, PASS, AND KICK

Sept. 10, 4:30 - 7:30 pm R8

What do some of the top players in the NFL have in common? They all participated in the NFL Punt, Pass & Kick when they were kids. Now it's your opportunity to have some fun and see how you measure up!

The NFL Pepsi PUNT, PASS & KICK program is a national skills competition for boys and girls between the ages of 8 - 15 to compete separately against their peers. Established in 1961, the PP&K program is the oldest NFL Youth Football program.

Girls and boys in four separate age divisions (8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum. The Colchester Cougars Youth Football league will be holding this years event on September 10th at the Recreation complex from 4:30 - 7:30 p.m. and registration will be held on site.

Boys and girls that finish first in their age division will move on to the state championship in October, with the chance to qualify for regional and national competitions.

HOT SHOT CONTEST

The CRPA Hotshot Contest is a statewide free event. Each player will have one minute to shoot from "hotspots" placed on one half of the court. Starting at the center of the half-court line, the player dribbles into shooting range. The contest challenges a player's speed, shooting, dribbling, and rebounding ability. Three one minute rounds constitute the duration of play for each player. The top scorer in each division will move on to the next level of the contest.

Save the Date for the 16th Annual Hot Shot Contest
Tuesday, December 23, 2008

For Boys and Girls who will be 9-15 years old as of December 31, 2008. Keep a lookout for more information.

ADULT GOLF CLINIC

THE COLCHESTER GOLF RANGE & TEACHING CENTER

For Beginners And Experienced Golfers

Friday Evenings For 4 Weeks
5:30 pm - 6:30 pm

Starting Sept. 5th • Cost \$70
Instructor: PGA Professional John Callahan

Recent Presenter at MIT'S "Better Golf Through Technology" Symposium.
324 Old Hebron Rd., Colchester
(Adjacent to Chantclair Golf Course)
Call 537-GOLF (4653)

Television • Appliances

Glenn Fagerquist
 11 East Main St., Clinton, CT 06413
 (860) 669-8007
 280 Middlesex Tpke., Old Saybrook, CT 06475
 (860) 388-3040

75 Lebanon Ave., Colchester, CT 06415
(860) 537-1226
Same Day Delivery Available
Hours: Mon-Sat 9am-5:30 pm

Special Events *continued*

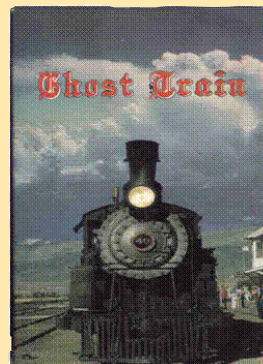


BIKE TO SCHOOL DAY

September 26th, 6:45 am • Town Green

It is that time of year again when the locker doors are slammed, the ink in the pens start to flow, homework assignments begin to pile up and for Bike to School Day. Join the Bacon Academy community in a united group to ride to school. Whether you are a member of the school's sports teams, clubs, coach and faculty/staff, take part in this opportunity to socialize and meet new people. It is also a chance to share a common interest with old friends and new friends. Bike to school is just one example of how to engage yourself in a healthy/active lifestyle. Use it to pedal start your healthy exercise and physical fitness routine that will improve your total wellness.

The Central Connecticut Bicycle Alliance (CCBA) and the Colchester Parks and Recreation Department are joining spokes together to host its third annual Bike to School Day offered to the entire Bacon Academy community. The Bike to School Day will be held on Friday, September 26th. All Bacon Academy students and faculty/staff interested in participating in the bike ride to school should meet at the Colchester Town Green at 6:45am. The CCBA will provide giveaway items for those attending the ride. Prior to the ride, the Parks and Recreation Department participants will provide refreshments and juice. The bikers will leave the Town Green promptly at 7:10am and finish the ride at Bacon Academy prior to the start of school. The Colchester Police Department will be escorting the riders to school for their safety and street crossings. Bike riders are responsible for their own transportation home from school at the end of the day. All participants must wear a helmet.



6TH ANNUAL AIR LINE TRAIL GHOST RUN/RELAY EVENT

Saturday, November 1st at 9:00 am • 13.8 Miles

Presented by The Parks & Recreation Departments of Colchester, East Hampton, Marlborough and Hebron along with the State of CT Department of Environmental Protection

Registration: Drop off forms at any of the participating Parks and Recreation offices or mail to:
Colchester Parks & Recreation Department
127 Norwich Avenue
Colchester, CT 06415
or register on-line at www.colchesterct.gov

Fee: Individuals: \$25 pre-registration;
\$30 after Oct 24

Relay Teams: \$45 per team pre-registration
\$50 per team after Oct 24

****Make Checks Payable to Town of Colchester****
Long Sleeved T-shirts to the first 100 registered!

For more information, please contact any of the Parks and Recreation Offices:

Colchester	537-7297
East Hampton	267-6020
Hebron	228-5971
Marlborough	295-6203

BEST Breakfast in Town!

Herman's Diner

Large Variety of Omelets
Daily Specials
Breakfast served til 3 PM!
Homemade Biscuits & Gravy Every Sat. & Sun.
Fresh Baked Desserts
Hours: M-F 6-3, Closed Tues. Weekend Breakfast: Sat. 6-11, Sun. 7-11
Rt. 82 Colchester (860) 537-2591

mark's United auto parts

Open 7 Days
Mon-Fri: 7:30-6 • Saturday: 8-4
Sunday: 8-2

For All Your Auto Parts Needs!
OVER 30 YEARS EXPERIENCE
Locally owned and family operated

95 South Main Street, Colchester, CT
537-2348 • 537-2349 • 800-734-9529

Fax: 537-9653
Cell: 558-2643

Autumn Time Fun! Make a Scarecrow!

You're invited to participate in the...

2008 Scarecrow Decorating Contest October 12-26 Colchester Town Green

Scarecrows Wanted!*Contest is Open to the Public***4 Categories:**

- Individual/Family
- Youth Group
- Adult Organization
- Business

Scarecrow Kick-off:**Friday October 10****4 to 6 p.m.****Refreshments
& Prizes****\$10.00 Non Refundable Fee**

All Entries Receive Participation Prizes
First & Second Place Category Prizes

**Sponsored by:**

Every Entry Receives a Prize!

First & Second Place Winners Receive Special Prizes

Don't Miss this Day of Community & Creativity

Registration Form

9th Annual Scarecrow Decorating Contest October 12-26

Registration Deadline: Wednesday October 1

Please return completed form, along with your
check made payable to the Colchester Business
Association to:

CBA Scarecrow Contest, Paula Lemire
Colchester Business Association
P.O. Box 453
Colchester CT 06415

**Please pay \$10 per Scarecrow Scene, \$2 per support stake,
and \$5 per hay bale.**

Family/Business/ Organization Name :

Address _____
City, State, Zip _____
Telephone _____
Email _____
Scarecrow Name _____
Circle Category: _____



Individual/Family
Adult organization
Youth
Business

Members in Group: _____

Hay Bales _____ # of Support Stakes _____

I have read & understand the contest rules.

Signature: _____ Date: _____

4 Categories: Individual/Family Adult Organization Youth Business



Autumn Time Fun! Make a Scarecrow!

Every Entry Receives a Prize!

First & Second Place Winners Receive Special Prizes

A Day of Community & Creativity

Parks Remarks

TOWN RECREATIONAL FACILITIES

Maps and complete information are available on the Parks and Recreation section of the Town web site: www.colchesterct.gov.

DAY POND STATE PARK

Located off Westchester Road, the park offers well-marked scenic hiking trails leading to old foundations, extinct bridges, and the Salmon River. Remains of an old mill are at the west end of the pond. A sandy beach offers swimming. Picnic areas are spread throughout the park.

SALMON RIVER STATE PARK

Located off Route 16, the park boasts the beautiful Comstock Covered Bridge, plenty of picnic areas along the Salmon River, hiking trails and fishing.

CHANTICLAIR GOLF COURSE

Located on Old Hebron Road, it is a privately-operated nine-hole public golf course with an adjacent driving range.

TOWN OF COLCHESTER RECREATION COMPLEX

Located on Old Hebron Road, this park offers softball and baseball fields, tennis courts, basketball courts, soccer fields, horseshoes, walking trails, playscapes, picnic pavilion, skate park, spray park, wireless internet and more.

SCHUSTER PARK

Located off Mill Hill Road, it is operated by the Colchester Fire Department and offers picnic shelters.

LIONS CLUB SKATING POND

Located on Halls Hill Road, it is open to the public and offers a concession stand and picnic areas.

RUBY AND ELIZABETH COHEN WOODLANDS

121 acres of open

months. Parking is available at the Commuter Lot by Exit 16 off of Route 2, on Bull Hill Road, and at the Salmon River State Forest off of River Road.

COLCHESTER SPUR

Extending south from the Air Line Trail in Hebron is a town-owned trail that terminates by the old train depot on Lebanon

FACILITY RESERVATION PROCESS

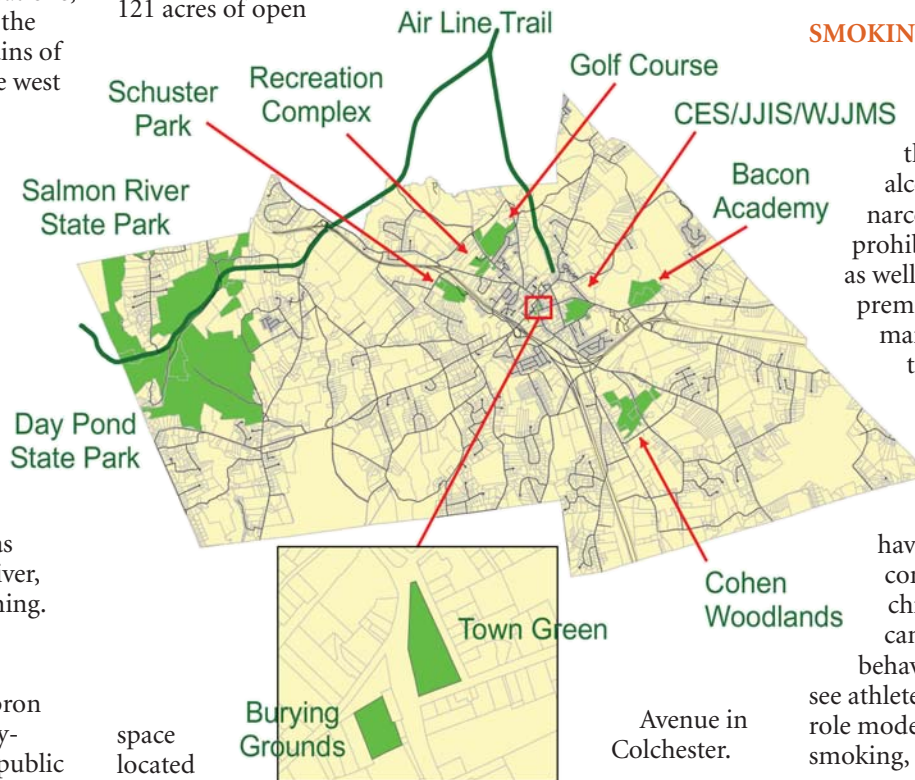
Group use of Colchester park facilities, school ballfields and gyms, and the Town Green must be coordinated through the Parks and Recreation Office. Permit applications are available upon request and on the Town web site. Insurance certificates and rental fees may be required.

SMOKING & ALCOHOL PROHIBITED IN PARK

Please remember that smoking, alcohol and other narcotics are prohibited in the park, as well as on school premises. There are many reasons for these rules, not the least of which is that the Town and the Board of Education wish to have safe havens for our community's children, where they can learn healthy behaviors. When they see athletes and other adult role models drinking and smoking, that sends the wrong message to our kids.

PLEASE RESPECT YOUR PROPERTY

This is your park. It's just like your very own backyard. Please take a moment to teach your children respect for public property. Remind them to pick up after themselves, use trash containers, and to leave trees and flowers alone for all to enjoy.



space located on McDonald Road. The land includes a pond, marshland, trails, picnic areas and a gazebo.

AIR LINE TRAIL STATE PARK

Approximately seven miles of the old Airline Rail Trail runs through Colchester and is an excellent area for hiking and biking, as well as cross country skiing and snowshoeing in the winter

At the many schools in town are playgrounds and sports fields that are open to public use during non-school hours.

TOWN GREEN

Host to many town-wide events, such as carnivals and art shows, it is also home to a large gazebo and a softball field.



PLEASE! DOGS MUST BE LEASHED!

Town ordinance requires dogs to be leashed on public property, including town parks. Also, please clean up after your dog. People (especially children) are playing everywhere! This is unhealthy and inconsiderate. Please don't give the majority of dog owners & dog lovers a bad reputation.

PLAYSCAPE SAFETY

Did you know that the older kids' playscape units are designed for bigger sized hands to grasp, bigger legs & stronger muscles? Children under 6 are not developmentally ready for these activities and could get hurt. They could also collide with a larger child. Please let common sense decide what's safe, not the kids. Adult supervision is best.

FALL FIELD CLOSURES

In keeping with its policy to close one field for a season each year, the Colchester Parks & Recreation Commission will be closing the R6 infield and leftfield through Fall 2008. Additionally, R4 will close in the fall for maintenance to the field.

SPRING FACILITY WORK UPDATE

For the benefit of the community we will be providing a seasonal update of the many significant repairs and improvements, beyond routine and seasonal maintenance, that have taken place in our parks and school grounds. For more information about any of these items, please contact the Director of Parks & Recreation.

Completed projects:

- Installed new irrigation pump at Bacon Academy football/soccer field
- Replaced "out" lights at Recplex
- Air Line Trail repairs
- Aerate/topdress/overseed/fertilize fields

TOP 5 SIGNS THAT FIELDS ARE UNSAFE TO PLAY

1. Fields have standing puddles of water
2. Footing is unsure or slippery
3. Ground is water logged & squishy
4. Grass is easily pulled out of ground
5. Lightening or Severe Weather Storms

When games are played under these conditions, it can often cause irreversible damage to the field. It takes months, sometimes years, for the field to recover. It is also unsafe, causing pulled muscles due to slips & strains.



PAVILION RENTALS

*Looking for a great place to hold a birthday party, family reunion or other gathering?
How about our Pavilion at the Recreation Complex!*

It's simple and inexpensive to reserve:
Colchester Residents - \$25/4 hrs; \$50/8 hrs
Non-Residents - \$50/4 hrs; \$100/8 hrs

The reservation form and policies are available on our web site at:
<http://www.colchesterct.gov/downloads.html#parkrec>

Pavilion amenities include up to 12 picnic tables, and 2 charcoal grills.
 Add'l \$5 for electrical usage
 (must be reserved in advance).

Pavilion renters, like all park goers, may make use of any of the other facilities in the park, as available, including:
Spraypark, Skatepark & Playscapes

Learn more about the Recreation Complex at:
<http://www.colchesterct.gov/parks>

Note: Reservations are not required for pavilion use - anyone may use it if it is open. However, a reservation, along with a permit from Parks & Recreation, will guarantee its availability. If a group shows up with a reservation permit, it must be vacated. A calendar of reservations is posted weekly on the board behind the backstop of R1.

Parks Remarks *continued*



Give us a whirl.

jazzercise
jazzercise.com
(800) FIT-IS-IT

Colchester - East Hampton 1712

jazzercise
it shows
537-2647

The kids are back in school...
Now's the perfect time to begin that fitness regimen you've been promising yourself. If you think you don't have time to exercise, you're mistaken - **you don't have time not to!**



THORGUARD LIGHTNING PREDICTOR REMOVED

In order to better protect park users, the Thorguard lightning prediction system has been removed from the Recreation Complex. There will no longer be warning sirens associated with lightning. Please follow the recommendations below regarding lightning safety.

LIGHTNING SAFETY

According to the National Lightning Safety Institute, the following precautions should be taken when outdoors and lightning or thunder is first seen or heard:

- Avoid water.
- Avoid the high ground.
- Avoid open spaces.
- Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc.
- Unsafe places include underneath canopies, small picnic or rain shelters, or near trees.
- Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut.
- If lightning is striking nearby when you are outside, you should:
 - *Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.*
 - *Avoid proximity (minimum of 15 ft.) to other people.*
- Suspend activity for 30 minutes after the last observed lightning or thunder.



Moiklom Kiln Works
CLAY STUDIO
CLAY CLASSES • GALLERY • ART CLASSES

REGISTER NOW FOR FALL CLASSES!

ADULT CLASSES
ADULT POTTERY, HANDBUILDING WITH CLAY, FUSED GLASS, PMC CLAY, FIGURE DRAWING, YOGA, CHAKRA CLASSES AND MUCH MORE!

KIDS CLASSES
KIDS POTTERY, HANDBUILDING, FAMILY CLAY AND PARENT/CHILD CLAY!

Kim and Jennie trim their pieces on the wheel.

ARTISAN GALLERY & GIFT SHOP
HRS. MON-WED 3-8PM
SAT 9-12

BIRTHDAY PARTIES!
BROWNIE & GIRL SCOUT WORKSHOPS!
TEAMBUILDING WORKSHOPS & MUCH MORE!

Gift Certificates Available

46 LEBANON RD. BOZRAH, CT 06334 • 860.886.8562
WWW.MEIKLEMKILNWORKS.COM



Sign Up Now For Music Lessons

Lessons Available In:

•Guitar •Flute •Drum •Trombone •Voice
•Piano •Clarinet •Trumpet •Saxophone •Strings

Tracy's Tunes
860-537-6619

111 Lebanon Ave. • Colchester, CT
www.tracystunes.com

2552



1704



Jack Faski
Broker/
Owner
Ext. 80

Skyview REALTY
Make Your Real Estate Dreams a Reality!

**CALLING ALL BUYERS!
WE'RE HERE TO SERVE YOU!**
Call today to be represented by a **PROFESSIONAL!**

 Lori Faski Realtor/Office Manager Ext. 82	 June Burtis Realtor Ext. 83
 Linda Cullen Realtor Ext. 85	 Kara Franklin Realtor Ext. 800
 Sheia Sirois Realtor Ext. 87	 Tim Gallagher Realtor Ext. 86
 Matt Vahlsing Realtor Ext. 89	 Bobbi White Realtor Ext. 84

**NOW IS THE TIME TO BUY!
PRICES & RATES ARE LOW!**
Call 1-866-537-9210 toll free (office/VM/fax) alternate fax 1-800-733-5176
www.skyview-realty.com

Shattered Endz
Hair Salon

**We Can Service
All Your
Prom & Wedding Needs**



*Latest Up-Styles
&
Make-Up
Application
Techniques*

*Also - Manicures • Pedicures • Gel Nails
Facials • Body Waxing • Body Wraps & MORE*

75 Norwich Ave. • Colchester, CT • 860-537-0353
Owner Debi Rushford

MasterCard VISA

**The One Stop For All Your
Digital and Film Camera Needs.**

Convert Your Memories to DVD
New Photo Classes and Seminars
Coming This Fall!
Check our website for details

We convert your videotapes, slides, pictures & home movies to long-lasting DVDs.

We Use  **Digital Camera Developing**
Behind your best memories
Wedding, Event & Aerial Photography

INSTANT PASSPORT PHOTOS

 **PHOTO Connection** 199 Old Hartford Rd. Aspen Plaza Colchester
of Colchester

860-537-2829 • photoconnectionoc.com
Hours: TWF 9:30-6PM, Th 9:30-6:30, Sat 9:30-5
Formerly Willimantic Camera & Video 1827

Bowling
FALL SPECIALS

Friday Night Rock-N-Bowl
10pm - 1am

9 Ft Billiards Tables Arcade Redemption Center
with lots of Games & Prizes
Don't forget us on your birthday party.
Our billiards room or party room is available for rental.

Weekly Drink Specials!
Sun. • Mon. • Wed. • Thurs.
\$2.50 a game
9pm - 12 am

New Leagues forming for all ages!
Stop in, call or visit us on our website.

Registration for all Youth Leagues still forming

ADULT FUN
Karaoke
Monday Nights
8pm-12am
with Full Restaurant

FALL LEAGUES FORMING NOW

\$1.00 Bowling
Tuesday 9PM to 12AM
Sunday 8AM to 12pm

Check us out on the web at www.norwichbowling.com

Norwich Bowling & Entertainment Center
188 W. TOWN STREET
NORWICH, CT 06360
(860) 889-7467 3501

GENERAL INFORMATION

Insurance Information

We are unable to assume responsibility for injuries/accidents occurring at programs or on park facilities. Such insurance would make programs and user fees prohibited.

Photo Permission

Participants permit the taking of photographs and video of themselves and their children during activities for publication and use for promotional purposes unless otherwise stated.

Americans with Disabilities Act

We are committed to accessibility for individuals with disabilities and strive to provide equal, integrated participation in all programs and services. We will reasonably accommodate all qualified program applicants in accordance with the 1990 Americans with Disabilities Act (ADA). We welcome questions, comments and concerns of interested community members regarding ADA compliance.

Find a Mistake

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our brochure to meet this need. A Parks and Recreation water bottle will be awarded to the first caller to report an error.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations and fees described are subject to change.

Weather/Cancellation Policy

Please check our website at www.colchesterct.gov for weather cancellations. For your convenience you may also call our office to hear a special recorded message. We do what they do! If there is no school, there are no programs unless otherwise noted.

HOW TO REGISTER

Registration Procedure: Please remember to include the Activity Number and Activity Name on your Registration Form.

Example:

Women's Basketball

2000.303 WJMS Gym 6:00pm-9:00pm Th

1. Walk-In

Stop by the Parks and Recreation office, Room 107, First Floor Town Hall. We are open to the public Monday thru Friday, 8:30 am - 4:30 pm. Registrations will be processed until 4:00 pm.

2. Mail-In

Mail in registration form and fee (payable to the Town of Colchester) to:
Parks & Recreation
127 Norwich Avenue
Colchester, CT 06415



Location Abbreviations:

BA: Bacon Academy
TH: Town Hall
WJMS: William J. Johnston Middle School
CES: Colchester Elementary School
JJIS: Jack Jackter Intermediate School

3. Drop Box

Drop it in the drop box slot to the left of the front doors of the Town Hall. You can do this anytime the office is closed.

4. Fax or E-mail to

Fax (888) 468-6093
apmiazga@colchesterct.gov

5. Online Registration

Colchester Parks & Rec is part of the Active.com network to provide you with access to our programs 24/7. If you go to www.colchesterct.gov you can access all Parks & Recreation program information and register on-line at your convenience! To access program information, click on Parks and Recreation on the menu, then click on Parks & Recreation PROGRAMS. This will link you directly to Active.com's website. You will find all programs offered listed at this location. To sign up for a program on line, you must register with Active.com initially to log on. There is a small processing fee to register this way. Sorry, program discounts and credits are not redeemable when registering on line.

PLEASE DO NOT PUT CREDIT CARD INFO IN A FAX OR EMAIL!

Inability to Pay

If a hardship exists, the applicant may be granted a reduced or waived fee. Forms are available upon request. Confidential written applications may be made to the Parks and Recreation Director.

Non-Resident Policy

Colchester residents' registrations will be processed first. Non-residents are eligible to participate if space allows. Non-resident registrations will be processed one week after registrations begin. There will be a \$15.00 non-resident fee. Non-residents may be placed on a waiting list, and will be called after all Colchester residents from the waiting list are contacted. Non-residents are ineligible to participate in a lottery. This policy excludes bus trips.

Waiting List

All registrations are accepted on a first come, first served basis. Enrollment cannot be guaranteed. If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible. If additional class openings become available, we will use the waiting list to fill the class. If no openings occur, we will make a full refund.

Seasonal Brochures

Seasonal brochures are published 4 times per year: Fall (Aug.), Winter (Nov.), Spring (Feb.), Summer (May). They are distributed on the last Thursday of the respective month within a complimentary edition of the Colchester Bulletin. Submissions deadlines are the 1st of the month prior to publication (e.g. July 1 for the Fall issue).



Satisfaction Guarantee

"Colchester Parks & Recreation stands behind all of its programs and activities with a satisfaction guarantee. If you are not completely satisfied, we will do what it takes to make things right."

Return Check Fee:

All checks returned for insufficient funds (NSF) will be charged an additional \$25 fee.

Late Fee Policy:

Program registration deadline is one week prior to the start of the program. If we can accommodate a registration after deadline there will be a \$10 late registration fee.

•• Please Read!!! •• LOW ENROLLMENT PROCEDURE

The Early Bird Gets the Worm! Don't let a great program get cancelled due to low enrollment! REGISTER EARLY! If a program does not meet its minimum enrollment number one week prior to the start of the program, it will be cancelled.



**YOU MUST PRE-REGISTER
FOR ALL PROGRAMS**

REGISTRATION FORM

NO REGISTRATION WILL BE COMPLETED WITHOUT PAYMENT

FOR OFFICE USE ONLY

DATE: _____ REC'D BY: _____

CASH/CREDIT/CHECK # _____

☐ RECWARE ☐ WAIVER ☐ CONFIRMATION

Name/Adult: _____

Mailing Address: _____

Has this Address changed since you last registered? ____yes ____no

Evening Phone: _____ Day Phone: _____ E-mail: _____

Secondary Emergency Contact: _____ Phone: _____

MEDICAL INFORMATION

Physician: _____ Phone: _____

Please list any allergies, medications, or previous conditions which we should be aware of:
i.e. ADD, ADHD, Hearing impaired, Visually Impaired, Special Ed, etc. Allergies i.e. Peanuts, Laytex, Bee Stings, etc.

Do you need an accommodation because of a disability to enjoy this program? YES NO



Wheel Chair Access for Bus Trips

ASSUMPTION OF LIABILITY

Participation in the activity may involve risk of injury. As a parent, guardian or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Colchester, its employees contracted instructors and volunteers from the liabilities which may occur while participation in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Colchester does not provide accident/medical insurance for program participants. In addition, I give permission for the child(ren) to be treated by qualified medical personnel in the event that the above named parent/guardian can not be reached at the phone numbers provided.

Signature (Parent/Guardian if participant is under 18) _____ Date _____

Other Signatures (All those listed below over 18 years of age must sign the release.) _____ Date _____

Please Circle:   Credit Card#: _____ Expiration Date: _____

Name on Card: _____ Signature: _____

Participant	Sex	Date of Birth	Grade	Activity Number	Cost	Activity Name


Please send this form to:
Parks & Recreation • 127 Norwich Avenue • Colchester, CT 06415
or fax to (888) 468-6093
Make check payable to: Town of Colchester

Non-Resident Fee
\$15.00 per class

Scholarship Fund
Donation

Total Due

3356



**All Teachers
Are
Certified!**

Community Learning Academy

The Fun Way to Learn!

10% OFF TUTORING

**Any Subject* For Full Duration
Pick Your Subject and Your Schedule**

- Reading • Writing • Math
- Study Habits • Foreign Language • Homework Support & More

***New Programs Only *Offer Ends Sept 30, 2008**


CALL (860) 537-5800

68 Linwood Ave., Colchester, CT
www.clatutoring.com

A SMILE IS FOREVER!

**Schedule A COMPLIMENTARY
Orthodontic Evaluation Today!**

Family Orthodontic Care
Serving Southeastern Connecticut Since 1966



- Complimentary orthodontic evaluation
- Most insurances welcome
- Saturday and early morning appointments available
- Reasonable rates and flexible payment plans
- Quality orthodontic treatment in a caring environment
- Member of the American Association of Orthodontics
- Invisalign

Jeremiah J. Lowney, D.D.S., M.S.
Jennifer J. Lowney, D.M.D.
Susan J. Davis, D.M.D., M.S.

Norwich
100 Sherman Street
860-886-1466

Colchester
79 Norwich Avenue
860-537-1918

3504

 **STROLLER STRIDES**

STROLLER STRIDES COMING TO COLCHESTER

FITNESS FOR MOMMY, FUN FOR BABY

Grand Opening FREE First Class




Stroller Strides, the nation's largest fitness program for new moms, is coming to Colchester. Stroller Strides is a great way to get back in shape, as well as stay in shape. It's a fun opportunity for the moms to turn their strollers into a workout.

Stroller Strides is a total fitness program for new moms that they can do with their babies. It includes power walking and intervals of body toning using exercise tubing and the stroller. Taught by nationally certified instructors.

Instructors keep babies entertained through the use of songs, rhymes and bubbles.

** All strollers welcome, except umbrella strollers.*

DATE: 9/10/2008 • TIME: 9:00 am
LOCATION: Airline Trail Bull Hill Road parking area
FREE class reg. @ www.stroller-strides.net/norwich

www.strollerstrides.com
860.889.2323
amycamassar@strollerstrides.net
www.strollerstrides.net/norwich

3854



**GIRARD
TOYOTA
SCION**

Broad & Colman Sts.
New London, CT
(860) 447-3141
www.GirardToyota.com



**NISSAN
OF
NORWICH**

691 West Thames St.
Norwich, CT
(860) 892-6000
www.NissanOfNorwich.com



**GIRARD
FORD**

Route 32
Norwich, CT
(860) 889-2601
www.GirardFord.com



**MC
ENTERPRISES**

Route 184
Groton, CT
(860) 448-0000
www.MCAutos.com



**MICHAEL
KIA**

Broad & Colman Sts.
New London, CT
(860) 447-0391
www.MichaelKiaOfNewLondon.com



**CHARLES
TOYOTA
SCION**

500 West Thames St.
Norwich, CT
(860) 889-8375
www.CharlesToyota.com



**BMW OF
NEW
LONDON**

Broad & Colman Sts.
New London, CT
(860) 447-3141
www.BMWofNewLondon.com



**GIRARD
NISSAN**

Route 184
Groton, CT
(860) 448-0050
www.GirardNissan.com



**ANTONINO
ACURA**

Route 184,
Groton, CT
(860) 448-1299
www.AntoninoAcura.com



**GIRARD
MITSUBISHI**

Route 12
Groton, CT
(860) 449-1242
www.GirardMitsubishi.com



**TOYOTA
SCION OF
COLCHESTER**

100 Old Hartford Rd.
Colchester, CT
(860) 537-2468
www.ToyotaOfColchester.com

Antonino Auto Group



Family Owned & Operated for Over 50 Years

www.AntoninoAutoGroup.com



Get well sooner.

Colchester Backus Health Center

163 Broadway • Colchester

537-4601

Walk-in hours:

Monday - Friday, 8 a.m. - 6 p.m.
Saturday & Sunday, 9 a.m. - 5 p.m.

Lab • X-ray • Digital Mammography
CT scan • Ultrasound • MRI (*expanded hours*)

Primary and walk-in care
Now accepting new patients.



Choose Wisely. Choose Backus.

The William W. Backus Hospital • Norwich, Connecticut • backushospital.org